

Name \_\_\_\_\_

### Nutrition Label Analysis

A. Use the labels on the back of this sheet to fill in the table below.

*Be sure to label each column with the proper **units**!*

<b>Food</b>	Skim Milk	Wheat Bread	Bran Flakes	Egg	Chicken Noodle
<b>Serving Size</b>					
<b>Calories</b>					
<b>Calories From Fat</b>					
<b>Organic</b>	-----	-----	-----	-----	-----
<b>Total Fat</b>					
<b>Saturated Fat</b>					
<b>Cholesterol</b>					
<b>Total Carbohydrate</b>					
<b>Dietary Fiber</b>				-----	
<b>Sugars</b>				-----	
<b>Protein</b>					
<b>Vitamin A</b>					
<b>Vitamin C</b>					
<b>Inorganic</b>	-----	-----	-----	-----	-----
<b>Sodium</b>					
<b>Calcium</b>					
<b>Iron</b>					

B. Fill in the table below according to which food/drink has the **MOST** and **LEAST** of each **PER SERVING**

*Note: If there is more than one, list all that apply*

	<b>MOST</b>	<b>LEAST</b>
Total Calories		
Calories from Fat		
Total Fat		
Saturated Fat		
Cholesterol		
Total Carbohydrate		
Protein		

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